

Healthy Menu Planning Checklist

Requirements	Met	Not Met
Meal pattern requirements met		
Creditable foods used		
Sweets limited to twice/week at snack		
Recommendations	Met	Not Met
Three different fruits/week		
Five different vegetables/week		
High Vitamin C foods daily		
High Vitamin A foods three or more times/week		
Fresh fruits/vegetables three or more times/week		
Juice limited to once daily		
Iron source twice daily		
Different meats/entrees at lunch daily		
Cooked dried beans or split peas three or more times/week		
Preserved, processed and higher fat meats and entrees limited to once/week		
Whole grains at least half the time		
Dry cereal at least one time/week		
Skim or 1% milk to children over two		
Water is on menu at snack when no other beverage is served		
Seasonal foods used		
Locally grown foods used		

Use this form to evaluate your CACFP menus monthly to assure healthy meals are served to your children every day!